



MAY
1986



Vol. 7
No. 4

Pres. - Norm Robinson
V.P. - Geoff Lindemer
Treas. - Darragh Ellerson
Sec. - Tim Noonan



NEWSLETTER

The next meeting of CVR will be held on Monday, May 12. Note the change in date! It is the second Monday of the month. Our hosts will be Carolyn and Wade Walker. Their home is found by going up Towne Hill Road in Montpelier and taking the third left onto Westwood Road. Their house is the fifth house on the right.

MEMBERSHIP DISCOUNT

Athlete's Foot- 15% on shoes (Must show valid club I.D.)
Miller Sports- 10% on shoes (Show I.D.)

APRIL MEETING NOTES

A dozen members attended the April CVR meeting, held at the home of Dot Helling and John Peterson on April 21.

Advertising

Norm mentioned we had received one firm commitment to advertise in the CVR newsletter. **Peak Performance** is running a half page ad. Dot stated Miller Sports was interested in putting a quarter-page ad in the newsletter at an annual rate of \$50. Much discussion ensued as to our policy on monthly and annual advertising rates. It was agreed our rates would be as follows: 1/4 page- \$7 monthly or \$50 annually; 1/2 page- \$10 monthly or \$70 annually; full page- \$15 monthly or \$105 annually.

Fun Runs

The Department of Liquor Control has given us permission to use their area for fun runs as long as we keep the area clean. 2,4 and 6 mile fun runs will be held every Tuesday night at 5:30 p.m. from May through October. The first fun run will be May 6.

Upcoming Races

Wade Walker reported the number of entrants for the 5k race is behind last year slightly. Tim Noonan reported things were going smoothly for the 10-miler. Wade said the Howard Bank had yet to give the official o.k. for the 10k. He also said this would be the last year he would be directing the race, so a race director is needed for next year's race. Dot said everything was cleared through the town and the school for the Berlin Pond race.

Treasurer's Report

Darragh reported there was just over \$400 in the Treasury, \$300 which is committed for the High School Scholarship.

RRCA Convention

It was agreed that CVR would enter a male team and a female team in the 10k race at the RRCA Convention in Portland, Maine. The cost is \$20 for each team.

CVR Scholarship

Due to the lack of scholarship applications received, it was agreed to extend the application deadline to April 30 and to contact the schools' athletic departments to solicit more applications.

Epilepsy Relay

Darragh reported there will be an Epilepsy relay on June 7 from Rutland to Montpelier.

Liability Insurance

Norm reported RRCA still does not have liability insurance coverage, but that we can purchase insurance from TAC, the amount depending on the size of the race. It was agreed we would pick up TAC insurance for all our races.

Next Meeting

The next meeting will be at Wade Walker's home on May 12.

Tim Noonan
Secretary

Insurance Finally Available

Those of you who have been getting our newsletter regularly realize that the RRCA has been having a tremendously difficult time getting insurance for its member clubs. This had been a potentially sticky problem for CVR because a lack of insurance for our races could have meant cancellation and/or members resigning positions.

This has been at least temporarily solved. As of April 1 the Athletic Congress (TAC) has obtained insurance that non-member clubs, CVR included, can obtain. We must obtain a TAC sanction for each event, usually costing \$10-\$25. The club must then pay a National Sanctioning Fee based on a sliding scale according to the number of runners planned for an event. In our case, costing one of the following: 1-100 runners, \$15; 101-250 runners, \$25; 251-500 runners, \$50. This policy provides \$1 million comprehensive general liability and \$1 million bodily injury.

This is not a perfect system. We can get automatic coverage if we decide to join TAC, but this has some real problems that will be discussed at the May CVR meeting. The non-member insurance is a little more involved because it asks for proof of safety measures, and a number of questions about athlete eligibility and the like that is nothing more than busy work. Also, TAC is not the easiest organization to work with. If the New England office is any indication, they consider non-members a waste of time, but aren't very helpful in finding out if a new club is interested in joining. RRCA is continuing to work to get their/our own insurance program and hopefully we won't have to put up with TAC for very long.

Norm

FIT
for



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Custom-made Lycra Sportswear

Running Tights \$25

Tri Suits \$45

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Tri Shorts \$20

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NORM'S NOTES

It is my sad duty to inform those of you who don't already know that CVR has lost the Howard Bank as a co-sponsor of the 10 K race that is to be held July 12. A number of reasons went into their decision to pull out. The main reason being that the local branch is no longer interested in having anything to do with the race. After talking with Ms. Dale Sutherland of the main office in Burlington she felt it better to move the race to that area where runners within the bank were more interested in putting on the event. She also mentioned that she was told that several area businesses were not too crazy about the event being held and that the bank didn't feel that they wanted a problem developing because of it.

I had a long discussion with her detailing our feelings about their moving the race to Burlington and, while some of her points are well taken, it causes some problems for us. Don't worry, some race of some kind will be run on that date if at all possible. I am already talking with another potential co-sponsor that will take over the Howard Bank's spot. If this fails and we are unable to land a co-sponsor this year, I will attempt to see whether the club is willing to at least put on a lower key race over the same course. More on that as it develops. I urge anyone with ideas to try to attend May's meeting.

More importantly than the loss of this particular sponsor is the need to consider some key points. When I first talked with Ms. Sutherland she didn't know who or what CVR was! What does that tell you about our visibility outside the running realm?

While the Howard Bank certainly is that business' name; the Howard Bank 10K was at least as much our race as theirs. The members working for the bank at the time that the race first began were not only employees of the bank but CVR members too!

I have no problem with any sponsor deciding to stop funding for one of our events. Transferring that event to another city and "giving" it to another club is a different matter however. In my opinion it's not their race to give away! We must not let sponsors be in a position to do this again. In the past we have been ready to jump up and grab any monies available and do most anything in return. We felt fortunate that someone was willing to donate money to our cause. Many times we put on races and were lucky to break even because we turned around and gave the proceeds to charity.

One positive step we made a year ago was to begin to demand \$1 from each race entry. This alone has enabled the club to purchase our megaphone, digital timer and set up a \$300 scholarship fund.

Secondly, we are now accepting advertising in our newsletter. While not related to sponsors and races, this may also give us more financial independence.

The following are my suggestions to give CVR better control of our own races.

First, give our races a generic name or tie the name into a local landmark. Leaf-Peepers isn't tied to a sponsor's name and if that changes sponsors, it can still be Leaf-Peepers. The Berlin Pond Couples Race can never be shuffled off to Burlington!

Second, while the sponsor is footing the bill and deserves logo space and prominent billing on our advertising and race forms, CVR does too. I believe our forms and ads should give our own club more credit for the amount of work that we do to make the event successful. This subtle message may make others more aware of the importance of the club to the race.

Third, we should seek out local sponsors who have an interest in keeping the race here, and more importantly, are willing to work with us on building a good rapport with the communities in which we run.

Last and most importantly, we must sell ourselves wisely and deal from a position of strength. We have a service to sell that can be a benefit to our co-sponsor. We don't need to give ourselves away or let our co-sponsors do it for us.

If we can realize that we don't have to allow co-sponsors to dictate all of our moves, we can control our own races. When we approach a business to see if they want to co-sponsor our race and work with us. We are not putting on a race for them. If some day there are no more sponsors, or no one willing to go out and look for them then we can go back to low key events. But that will be our decision, not theirs.. CVR is alive and well. Good luck and see you on the roads!!

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KNIGHTS OF COLUMBUS 3.7 MILE CHAMPIONSHIP RACE
April 26, 1986 Barre, VT

The several CVR members who joined with other local runners for this scenic and challenging race found good first year organization, plenty of enthusiasm and a great start-finish area.

Tim Noonan led the field from the start and flattened the hills with a 22:12 time. The only thing needed for this race to become a quality regular event for the central Vermont area is more runners. With a conflicting race in St. Johnsbury and late publicity, only a dozen runners ran the 3.7 mile race. CVR runners also included Zoe Erdman, Larry Miller, Newton Baker and Bob Howe.

With the Knights of Columbus continued enthusiasm and a non-conflicting race date next year, more CVR runners will be able to test their early season conditioning on the several hills in the K of C Championship Race.

We are still in need of an advertising director. This position is needed to organize and keep track of advertising for the newsletter. Several businesses have already contracted with us for yearly rates. The job should not entail more than two hours a month. If interested contact Norm at 479-1968.

A listing of current, paid-up members will be published in the June newsletter; along with addresses. This is to allow fellow members to know who is in the club and perhaps aid in car pooling to events. If you do not want this information printed for some reason call Norm at 479-1968 prior to May 25.

MILLER SPORTS

A Fine Selection of Shoes
for the Demanding Runner

TIGER	NEW BALANCE REEBOK	BROOKS
-------	-----------------------	--------

10% Discount to all CVR Members
108 Main Street, Montpelier

Classifieds

JUMP ROPE: brand new, never out of the box. Wood handles and spring swivel connections. \$3.00 call 479-1968. Norm.

ANKLE WEIGHTS: 1½ pounds each for set of two. Leather straps. Good condition. Asking \$5.00. Contact Norm at 479-1968.

The classifieds are a free service to CVR members only. Fitness related items only please! Your items should be typed and sent to the newsletter editor by the 25th of the month to be advertised in the next newsletter. It is the discretion of the editor as to how many or what ads to print each month according to space available. Classifieds for June should be sent to Norm Robinson at #8 Westwood Pky., Barre, Vt. 05641

NO L.
MON

MAPLE SAP RUN
MAPLE SUGAR FESTIVAL
ST. JOHNSBURY, VERMONT
APRIL 26, 1986

GENERAL INFORMATION:

Two Races: 2 Miles/10 Kilometers (6.2 miles)

Course: Measured accurately with a measuring wheel.

2 Mile: Mostly pavement; 10 Kilometers: a few gentle hills (32% pavement, 68% dirt road)

Start: Howard Bank, Railroad Street to Portland St.
to Weeks Court to River Rd. to Bay St. to
Finish at Railroad Station.

Conditions: Partly Cloudy, 65° , windy (gusty), beautiful!

Starting Time: 11:04 AM

Total Runners: 101 (68 Male/33 Female)

Starter: Bill Stowe, 1986 St. Johnsbury Citizen of the Year

2 MILE RESULTS:

FEMALE OVERALL

<u>NEW RECORD</u>	1. Jessica Thornton, St. J./St. J. Academy	13:11
	2. Brenda Sweet, Lyndon Center	13:57
	3. Diane Auger, S. Cairo, NY/Durham Central HS	14:42

12 and under

1. Catherine Forbes, St. J./Middle School	15:29
2. Molly Dwyer, Lyndon Center/Campus School	15:40
3. Tonya Smith, Littleton	17:32
4. Sarah Paton, St. J./Middle School	17:38
5. Melissa Jenkins, St. J./Adams School	20:01
6. Kelly Gammell, St. J./Middle School	21:32

13 - 17

<u>NEW RECORD</u>	1. Jessica Thornton, St. J./St. J. Academy	13:11
	2. Diane Auger, S. Cairo, NY/Durham Central HS	14:42
	3. Janet Gould, St. J./St. J. Academy	15:14
	4. Jennifer Oiglati, St. J./Middle School	15:45
	5. Stacie Libbey, Lyndonville/Lyndon Institute	16:50
	6. Serena Bucknam, E. Hardwick/St. J. Academy	16:50
	7. Heather Root, Lyndonville Lyndon Graded School	17:50
	8. Meredith Neylon, St. J./Middle School	18:30
	9. Jeanne Blanchette, Gilman Gilman Middle School	19:50
	10. Elizabeth Ann Van Damm, Lunenburg St. J. Academy	19:50

18 - 29

1. E. Stacey Lax, Lyndon Center	15:40
2. Kathryn Hubbard, Lyndon Center	15:50
3. Patti Paige, Vergennes	19:40

30 - 39

1. Brenda Sweet, Lyndon Center	13:50
2. Mary Ellen Barnes, Franconia, NH	15:50
3. Ann Bishop, Waitsfield Central Vermont Runners	15:50
4. Carol Larlamme, Monroe, NH	18:00
5. Victoria Campbell, Lyndonville	19:00
6. Sheila Reed, St. J./ERA Club	19:20

40 and over

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|----|-----------------------------|-------|
| 1. | Annette Miller, Lyndonville | 15:40 |
|----|-----------------------------|-------|

MALE OVERALL

NEW RECORD

- | | | |
|----|--|-------|
| 1. | Robert C. Pedersen, E. Burke
Burke Mountain Academy | 10:15 |
| 2. | Billy Roberts, St. J./St. J. Academy | 10:33 |
| 3. | Dan Brodowitz, E. Burke | 11:09 |

12 and under

- | | | |
|----|---|-------|
| 1. | Jesse Laflamme, Monroe, NH | 14:50 |
| 2. | Nate Forbes, Concord/St. J. Summer St. Sch. | 15:30 |
| 3. | Stuart Sloat, Lancaster, NH/Groveton Elem. | 16:00 |
| 4. | John Jenkins, St. J./Summer St. School | 17:00 |
| 5. | Jeff Rainville, St. J./Middle School | 17:00 |
| 6. | Nathan Toombs, Brookfield, Mass. | 17:00 |
| 7. | Gabriel Boisseau, St. J. Center/Center Sch. | 18:00 |
| 8. | Duane L. Drown, Lyndonville/Summer St. Sch. | 22:00 |
| 9. | Andrew Neylon, St. J./Adams School | 22:00 |

13 - 17

NEW RECORD

- | | | |
|-----|--|-------|
| 1. | Robert C. Pedersen, E. Burke
Burke Mountain Academy | 10:10 |
| 2. | Billy Roberts, St. J./Academy | 10:30 |
| 3. | Sean Peck, W. Burke/Burke Mountain Academy | 11:10 |
| 4. | Glenn Montague, St. J./Academy | 11:30 |
| 5. | Tony Whitenill, Barnet/St. J. Academy | 12:00 |
| 6. | Karl Nitsche, St. J./Middle School | 13:00 |
| 7. | Andy Kilmer, Littleton/Littleton H.S. | 13:00 |
| 8. | Thaddeus Smith, Littleton | 14:00 |
| 9. | Chris Burk, Barnet/St. J. Academy | 14:00 |
| 10. | Jeff Gould, St. J./Waterford School | 14:00 |
| 11. | Snalo Buck, Lyndonville | 14:00 |
| 12. | Christopher Toombs, Brookfield, Mass. | 14:00 |
| 13. | Billy O'Brien, Rome, NY/Staley Jr. High | 14:00 |
| 14. | Willis Sloat, Lancaster, NH/White Mtn. Sch. | 15:00 |

18 - 29

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|----|---|-------|
| 1. | Paul Dean, New York, NY (formerly St. J.) | 16:30 |
|----|---|-------|

30 - 39

- | | | |
|----|-----------------------------------|-------|
| 1. | William McMaster, Glover | 13:40 |
| 2. | Alex Scherr, St. J./ERA Club | 16:50 |
| 3. | Richard Toombs, Brookfield, Mass. | 20:00 |

40 and over

NEW RECORD

- | | | |
|----|---|-------|
| 1. | Dan Brodowitz, East Burke | 11:09 |
| 2. | Henry Marcy, St. J./Central Vermont Runners | 11:57 |
| 3. | Al Eaton, Concord | 14:23 |
| 4. | David Dwyer, Lyndon Center | 15:40 |
| 5. | David T. Gill, Woburn, Mass. | 16:51 |
| 6. | Kerry Keenan, St. J. | 16:55 |
| 7. | Stephen Libbey, Enosburg | 20:31 |

10 KILOMETER RESULTS (41 Runners, [34 Male/7 Female])

FEMALE OVERALL

NEW RECORD

- | | | |
|----|--|-------|
| 1. | Merrill Cray, Montpelier/Central Vt. Runners | 42:44 |
| 2. | Dorothy L. Helling, Montpelier/CVR | 45:51 |
| 3. | Mary Kehoe, Montpelier | 47:20 |

18 - 29

- | | | |
|----|-------------------------|-------|
| 1. | Mary Kehoe, Montpelier | 47:20 |
| 2. | Nancy Kommer, Littleton | 61:50 |

30 - 39

NEW RECORD

- 1. Merrill Cray, Montpelier/Central Vt. Runners 42:44
- 2. Dorothy L. Helling, Montpelier/CVR 45:51
- 3. Betty Perreault, St. Johnsbury 47:50

40 - 49

- 1. Hilary Smith, Peacnam 60:20

50+

NEW RECORD

- 1. Darragh Ellerson, Montpelier/CVR 52:13

MALE OVERALL

- 1. John Sackett, E. Burke/Burke Mtn. Academy 35:30
- 2. Bill Dysart, Montpelier 36:10
- 3. Adam Verrier, Lancaster
White Mtn. Regional High School 36:50

17 and under

NEW RECORD

- 1. Adam Verrier, Lancaster
White Mtn. Regional High School 36:50
- 2. Edward Leonard, Littleton 43:07
- 3. Glenn Bostic, St. J./Academy 44:40
- 4. Jason Boisseau, St. J. Ctr./Academy 48:30

18 - 29

- 1. John Sackett, E. Burke/Burke Mtn. Adademy 35:30
- 2. Jerry Richardson, Montpelier 37:00
- 3. Bryann Liss, Calais/Central Vt. Runners 37:40
- 4. Edward Manna, Essex Center 38:00
- 5. Chip Langmaid, St. J. 38:40
- 6. Jim Evans, Glover 40:00
- 7. John Kresser, E. Burke/Burke Mtn. Academy 40:00
- 8. John Donnelly, Worcester 42:00
- 9. Rob Achilles, St. J./Academy 42:30
- 10. Stephen A. Trubacz, Nashua, NH
Sanders Snails 43:00
- 11. Jeffrey D. Renaud, Stratford, NH 46:00
- 12. Paul Langevin, Concord 47:00
- 13. George Mitchell, Littleton 47:20
- 14. Dave Cowens, Monroe/High Noon Running Club 47:30
- 15. Edward J. Wood, St. J./High Noon Run. Club 48:20
- 16. Bob Jenks, St. J. 53:14

30 - 39

- 1. Bill Dysart, Montpelier 36:10
- 2. John Valentine, Northfield/CVR 39:40
- 3. Ric Prescott, E. Burke/Burke Mtn. Academy 40:50
- 4. Rick Price, Monroe 41:34
- 5. Peter Higbee, Franconia 42:41
- 6. Norm Robinson, Barre, Central Vt. Runners 44:23
- 7. Stephan Allison, Island Pond 49:46

40 - 49

- 1. John H. Elliott, Lyndonville 40:56
- 2. Phil Verrier, Lancaster/White Mtn. Runners 44:30
- 3. Charles Bucknam, Jr., E. Hardwick 48:30
- 4. William Ruggles, West Glover 49:10
- 5. Richard Ejmanowicz, Newport 49:10

50+

NEW RECORD

- 1. Robert Shelton, Bradford 43:16
- 2. Pat Davis, Orleans 52:16

NEWSLETTER EDITOR

We are still looking for a newsletter editor. This job requires 5-7 hours per month. It gives the editor a chance to find out about the inner working of CVR and exhibit some creative talents if so inclined. You don't have to be a great writer or artist, just someone who wants to make CVR better. If interested contact Norm at 479-1968.

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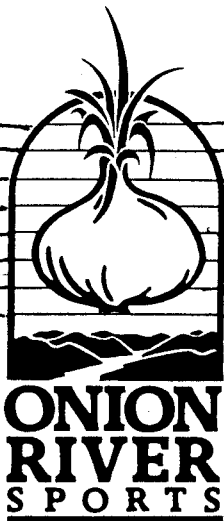
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20 LANGDON STREET
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OPEN MON-SAT. 9-5:30
FRIDAY EVENINGS TIL 9

RACE SCHEDULE

FUN RUN - 2, 4 and 6 mi. every Tuesday, May through October. Liquor Control Warehouse on Green Mtn. Drive in Montpelier. 5:30pm. 25 cent donation.

C - indicates races with CVR involvement. If you aren't running your help would be greatly appreciated by the race director and crew.

* - indicates that Bob Murphy (476-4328) has an entry blank. Please send SASE when requesting an entry blank from either Bob (RR3, Box 6866, Barre, VT 05641) or from the race directors listed.

C 10MAY86 EAST MONTPELIER, VT RUN FOR THE HEALTH OF IT 5Km & 1km 11am (5km), 10am (1km) at U-32 High School on Gallison Hill Road. Fee: 5km-\$5 by 3 May, \$6 after. 1km-\$1 (must be 12 or younger). T-shirts to first 200 registrants for 5km, Cash prizes (\$100 for first male & female finishers). Ribbon, hat & ice cream for 1km. Wade D. Walker, P.O.Box 244, Montpelier, VT 05602

11MAY86 BRATTLEBORO, VT MOTHER'S DAY 5 MILE ROAD RACE & FUN RUN 9am at the Children's Place. Mothers who run receive flowers. Wayne London (802-257-5622) may have more info.

* 11MAY86 WAITSFIELD, VT TUCKER HILL TRIATHLON 4 & 5 person teams of 1-2 canoeists or 1 kayaker, 1 cyclist, 1 XC runner and 1 road runner. Canoe 6mi, bike 8mi, XC run 2.5mi, road run 3.5mi. Ironman/Woman divisions. 11am at Tucker Hill Lodge. \$15 per person by 3 May, \$20 thereafter. Tucker Hill Triathlon, RD1, Box 147, Waitsfield, VT 05673, (802) 496-3983.

18MAY86 SOMERS, CT SOAPSTONE MOUNTAIN HALF-MARATHON Rugged trail race to top of Soapstone Mountain within first 1/2 mile, then narrow, rocky footpaths and old logging roads. 9am at parking lot at entrance to Shenipsit State Forest. \$5 entry. Jerry Stage, RFD1, Bowles Rd, Stafford Springs, CT 06076. Phone (203) 875-0559

24MAY86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km 8:30am downtown to coincide with parade. Call Ray Tanguay to confirm time and place. 864-0123

* 25MAY86 KENNEBUNK, ME MAINE COAST MARATHON 7am @ Kennebunk High School. \$10 by 1 May, \$15 after. No race day registration. T-shirts and certificates to all finishers. Joe Cesta, P.O. Box 1333, Biddeford, ME 04005

29MAY86 MONTPELIER, VT STATE OF VERMONT CORPORATE CUP 5KM CHALLENGE 5:30pm at State House. State Agency and Corporate Team competition. George Plumb (Agency of Environmental Conservation) is the coordinator of the event.

08JUN86 ASHFORD, CT NIPMUCK TRAIL MARATHON 9am. Old Indian trail, containing a few rocky areas, but generally good footing. Post race refreshments. No prizes. Also a half-marathon run concurrently with the last half of the marathon. \$5 entry. Dave Raczkowski, P.O.Box 191, Willington, CT 06279. Phone (203) 429-5120

C 21JUN86 MONTPELIER, VT MONTPELIER 10-MILE ROAD RACE 10:30am at Montpelier High School. \$5 entry fee. T-shirts to all who register by 7 Jun. This is the RRCA EASTERN REGION 10 MILE CHAMPIONSHIP. RRCA Championship Award to top finisher in each age division. Merchandise prizes also. Montpelier Rec Dept, c/o Ann Russell, 55 Barre St, Montpelier, VT 05602.

- 21JUN86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123
- 29JUN86 MORRISVILLE, VT CANNONBALL RUN
2mi fun run at 8am. 10km race at 8:30am. Debby Maniatty, RD2, Box
940, Morrisville, VT 05661.
- 04JUL86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123
- 27JUL86 WINDHAM, NY ESCARPMENT TRAIL RUN. 30 KM
Rugged and rocky hiking trail run with up and down sections so
steep that it not only challenges your running ability, but your
balance and agility as well. 9am. Must meet qualifying standards.
Dick Vincent, c/o Dick's Sports, 604 Ulster Ave, Kingston, NY
12401. Phone (914) 338-4633
- *****
C 16AUG86 BERLIN, VT BERLIN POND COUPLES RACE (6mi)
9am at Berlin Elementary School. \$4 per person by 9 Aug. \$5 per
person after. Awards for male/female teams (division by combined
age) and for single participants. Dot Helling, 24 Pearl Street,
Montpelier, VT 05602. Ph. 223-5797.

- 14SEP86 CHESTERFIELD, NH PISGAH WILDERNESS TRAIL RACE, 18.7 MILES
9am at Roads End Ski Touring Center. Variety of foot trails, X-C
ski trails, dirt roads and old logging trails. Post race snacks.
\$5 entry (pre-entry requested; post entry allowed). Fred Ross, 9
Chestnut St, Brattleboro, VT 05301. Phone (802) 257-4745
- 28SEP86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123
- *****
C 05OCT86 WATERBURY, VT LEAF PEEPERS HALF-MARATHON
11am @ Waterbury Recreation Field. Darragh Ellerson, Jeff Shutak
and Tony Dimauro, Race Directors.

- 12OCT86 EASTHAMPTON, MA M & M MOUNTAIN MARATHON
9am. Difficult trail race with 5250' of climb, rotten footing and
ease of getting lost. Inexperienced runners should plan on 6-7
hours. Post race picnic. No awards. \$6 fee, \$8 post. Fred Pilon.
114 Main St, Northampton, MA 01060. Phone (413) 586-1971 days,
665-3684 evenings.
- * 12OCT86 PORTLAND, ME CASCO BAY MARATHON
7am. \$7 by 4 Oct. limit 1500 runners. Charlie Porter. 339-6593.
Casco Bay Marathon, P.O.Box 3172, Portland, ME 04104.
- 26OCT86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km & 10Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123
- 23NOV86 BURLINGTON, VT BURLINGTON PARKS & RECREATION 5Km
10am at Leddy Park. Call Ray Tanguay to confirm time and place.
864-0123

RACE SCHEDULE NOTICE

Bob Murphy is once again preparing the Race Schedule. Help him out now and throughout the year. If you know of an upcoming race (or races), let him know. Many of our members feel the race schedule in our monthly newsletter is one of the greatest benefits of membership in CVR. Let's not let them down. Give Bob a call at 476-4328 evenings or 828-2695 weekdays, or send info and race entry blanks to him at RR3, Box 6866, Barre, Vt. 05641. Thanks!

Central Vermont Runners Membership Application

Last Name _____ First Name _____ Middle Initial _____

Street _____ City/Town _____ State _____ Zip _____

Date of Birth _____ Sex _____

Phone No. (Home) _____ (Office) _____

T-Shirt size: S M L XL

Dues Paid: 85 86 87 88 89 90 91 92 93 94

As a responsibility of club membership, I agree to be available to work on at least one club race during the year. My preferred month is indicated below. (Directors will call for help.)

___ Mar ___ Apr ___ May ___ Jun ___ Jul ___ Aug ___ Sep ___ Oct ___ Nov

As an alternative, I prefer to work on the race checked below:

May Rotary 5km

June Montpelier 10 miler

July Howard Bank 10k

August Berlin Pond Couples Race

September

October Leaf Peepers Half Marathon

Fun Runs (every Tuesday May-October)

Newsletter

Annual Banquet

Initial membership fee is \$5 (\$1 for subsequent members from the same household). T-shirts — \$6.00.

Send completed Membership Form with initial membership fee to:

Central Vermont Runners
Darragh Ellerson
Upper North St., Box 170
Montpelier, VT 05602

*Norm Robinson
48 Westwood Hwy.
Barre, VT. 05641*



Robert & Maureen Murphy
RR 3, Box 6866
Barre
VT 05641